



## Experimental Psychopathology Edited by Paul H. Hoch and Joseph Zubin

Robert W. White

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necessary in the treatment of the average patient but becomes vital in handling those patients who try to leave the hospital prematurely (many sanatoria report an irregular discharge rate of about 50 per cent).

In discussing methods of recognition and treatment of these problems several authors describe attempts at group psychotherapy. These appear to be successful only if educatively oriented and are rejected by the group if any attempt is made to discuss emotional conflict.

We feel that the authors are to be commended for their work and do not hesitate to recommend this book as indispensable to any person treating the tuberculous patient or to anyone interested in psychosomatic research. It is easy to read and provides many stimulating and provocative thoughts.

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PSYCHISCHE ASPECTEN VAN DE INSULINE-COMA-THERAPIE. By M. L. J. Vaessen. Alkmaar, Holland: Van Putten and Oortmeijer, 1957, 138 pp. (in Dutch).

This remarkable doctor's dissertation shows what the combination of physiochemical therapy and psychodynamic insights can do to a group of schizophrenic patients. After a survey of the scarce literature on the regressive aspects of insulin coma, the author describes his experiences with the emotion-loaded awakening of patients from the coma in which the death-reincarnation experience plays such a tremendous role. This is the right moment for psychotherapeutic intervention—individual and group therapy. Both forms of therapy are discussed in relation to the creative production of the patients—which is shown in many illustrations—and the organization of their teamwork. The combinations of all these forms of active therapy offers the prototype of a therapeutic community, which proved to be favorable for the patients.

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EXPERIMENTAL PSYCHOPATHOLOGY. Edited by Paul H. Hoch and Joseph Zubin. New York: Grune & Stratton, 1957, 275 pp., \$6.50.

This book reports the proceedings of the forty-fifth annual meeting of the American Psychopathological Association. It includes the papers and the prepared discussions read on that occasion. One is first of all impressed by the wide range of experimental approaches to psychopathology. The first group of four papers deals almost entirely with experimentally induced stress responses in animals. Five papers are devoted to the effects of various drugs upon human subjects. One paper, by Stanley Lesse, reports an ingenious experiment on psychosurgical patients; one

by Funkenstein, King and Drolette points out interesting relationships between social attitude and perception of parents, the subjects being young men of college age; one from the New York Hospital and Cornell Medical Center examines social, psychological, and medical problems among Chinese students and professional men more or less permanently stuck in this country because of the Communist revolution at home. It is in accord with the trend of the time that psychopathology should be approached from so many directions.

The standards of scientific method vary rather widely. Some of the researches are beautifully designed, but others are not much more than informal observations without any attempt to set up controls. This is not necessarily a fault, especially where new and difficult ground is being explored, but it must be accounted a serious defect when controls such as the use of placebos in drug experiments were perfectly available.

In mentioning single papers one is clearly expressing personal preferences, but I may as well report that my fancy was particularly caught by the presentations by Curt Richter and Stanley Cobb. Richter showed that by subjecting animals to very severe and exhausting stress it was possible to set up behavioral and metabolic cycles that seemed possibly analogous to manic-depressive cycles and that continued for months and years, suggesting a fundamental injury to the process of autonomic regulation. Cobb, who received the annual Hamilton Award, read a stimulating paper on changes in awareness and attention in patients with lesions in the pituitary region, a contribution to the fascinating problem sometimes called the "physiology of consciousness."

Readers of this journal may be particularly interested in a long paper by Hans Syz called "An Experiment in Inclusive Psychotherapy." It is encumbered with a great display of learning and 146 references, but when he eventually gets to the point in Part VI he utilizes effectively the concept, derived from Burrow, of "a general adaptive defect related to the over-accentuation of the self-image," and illustrates a method of treatment in which pointing out immediate interpersonal reactions is the main method of producing change.

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**PROGRESS IN PSYCHOTHERAPY, VOLUME II: ANXIETY AND THERAPY.** Edited by *Jules H. Masserman* and *J. L. Moreno*. New York: Grune & Stratton, 1957, 264 pp., \$7.50.

This volume comprises six parts, namely: an introduction to global psychotherapy and prospects of a therapeutic world order; a symposium on anxiety as the substrate of all need for psychotherapy; a description of special techniques required at different ages or crises of life; a continuing survey (begun in Volume I) of schools and trends; an examination of geographic and cultural factors in psychotherapy; and, finally, a historical biodynamic integration.